

Grade 4 Volleying Unit

Student Outcomes:

1. Underhand strike a lightweight ball back and forth across a line or low net to a partner after one bounce.
2. Overhead volley a self-tossed lightweight ball to a wall or a partner.
3. Forearm pass a lightly tossed lightweight ball back to a partner.

Block Plan

Lesson	Activity	Outcome
1	review of underhand strike	teacher obs. Outcome 1
2	overhead volley to wall partner, keep it up	outcome 2, practice
3	forearm pass, 2v2 game	outcome 3, practice
4	forearm pass	outcome 3 practice
5	forearm pass	teacher obs. Outcome 3
6	beach ball volleyball	

Name _____ Team Color _____

Grade 4

Underhand Strike Assessment Sheet

Lesson 1

Task 1:

With a partner, find a space where you can underhand strike a ball to the wall. Your goal is to underhand strike the ball to the wall 10 times in a row. Partner A will try to underhand strike the ball to the wall 10 times as partner B watches and gives helpful hints or praise. After 1 try at 10 switch with your partner. Do this activity until each of you has had 2 tries. Remember: flat surface, hand to target, quick feet.

Task 2:

In your teams' area find a low net to work at. Play one bounce volleyball. You are going to hit the ball back to your partner over the low net using an underhand strike and only letting the ball bounce one time on your side. Sign below if you both can successfully strike the ball over the net using the underhand strike. Remember to ask me to come and assess you for this skill.

Rubric for assessment:

Achieving: The student clearly and consistently uses all of the cues in performing the underhand strike: flat surface, hand to target, quick feet.

Developing: The student usually uses 2 of the 3 cues in performing the underhand strike.

Not Yet: The student is unable to perform the underhand strike.

Name _____ NY DEV ACH Comments:

Name _____ NY DEV ACH Comments:

Name _____ NY DEV ACH Comments:

Name _____ NY DEV ACH Comments:

Task 3:

As a team, create a game using the low net and the underhand strike. Record the following on the back of this sheet:

name of game
how to play the game
boundaries
rules



Name _____ Team Color _____

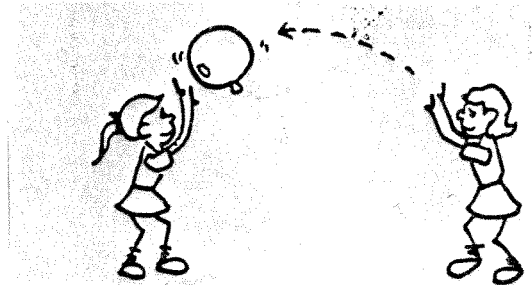
initial each task when you have completed it.

Lesson 2

Overhead Volleying Activities

Cues:

- bend your knee
- step
- use your fingerpads
- extend arms to ceiling
- trampoline-ball comes in and out quick



1. Practice overhead volley to wall with a partner. Partner A will stand on the hotspot and overhead volley to the wall to either tape mark and catch the ball. Partner B will watch and give corrective feedback. After 10 tries switch.
2. Overhead volley have Mrs. Yeaton observe (if she is unavailable, go on to task 3 and let her know that you are ready at any time to be observed.)
3. Now try to overhead volley 4 times in a row to the wall without catching the ball. Same as last task. Partner A performs and Partner B gives corrective feedback.
4. Volleying the ball upward. Partner A will volley the ball upward above their head so the ball returns directly to them. Catch the ball after each volley. Partner B watches and gives corrective feedback. After 10 tries switch.
5. Now Partner A will try to volley upward 2 times in a row without catching it. Partner B watches and corrects. Each partner has 4 tries. Now try 4 times in a row. Switch. How many times can you correctly volley overhead before it touches the floor? Each have 2 tries.
6. Volleying to a partner overhead. Stand 3-4 feet from your partner. Using the overhead skill you just learned, volley the ball back and forth with your partner. Each of you gets 2 hits per side. 1 for control and 1 to hit it back to your partner. When you are comfortable with 2 volleys, try one hit per side. How many times can you volley back and forth with your partner? _____ times

7. Keep it Up. Play this game as a team. The object of the game is to see how many times your team can volley the ball overhead in the air before it hits the floor. There are only 2 rules:

- 1. a player cannot hit the ball 2 times in a row**
- 2. the ball must be hit with an overhead volley**

Practice several times and then count your team volleys.

Now try these different ways to play:(check off when completed)

____ Call out the number each time you volley the ball

____ each person in the group must hit the ball before a person can have another turn.

____ set a goal for the number of volleys your group will be able to attain. Now play and see if you can reach that goal.

Our goal is _____ We achieved our goal yes no

Name _____ Team color _____

Grade 4 Lesson 3
Forearm Pass Task Sheet

___1. Coach will instruct you in the forearm (bump) pass.

Forearm pass cues: step to the ball
 Bend knees
 Lock elbows for the platform
 Hands point down
 Don't swing arms

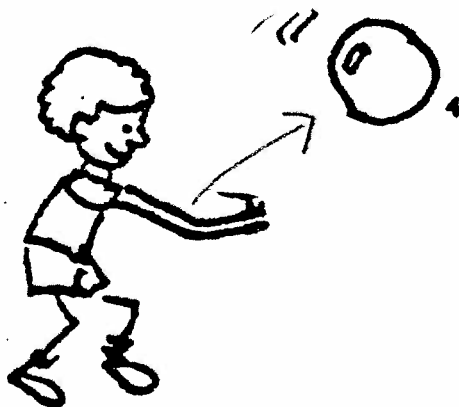
___2. Partner A will toss the ball to Partner B who is standing 4-6 feet from them. Partner B will forearm pass the ball back to their partner. Switch roles after 5 tries.

___3. Do the above activity 10 tries for each partner. If you need more practice repeat the drill.

___4. Sign below when you feel you are ready for Mrs. Yeaton to watch you perform the forearm pass.

___5. Play 2 V 2 volleyball over a low net.

Rules: a player cannot hit the ball 2 times in a row
The hit must be an overhead volley or a forearm pass



Name _____ Team Color _____

Forearm Pass Task Sheet/ Create a Game
Lesson 5

Forearm pass cues: step to ball
bend knees
lock elbows for platform
hands pointed down
don't swing arms



1. Partner forearm pass warm up. Perform task as last class, Partner A lightly tosses ball to Partner B and Partner B bumps the ball back to A. 5 tries and then switch. Do this so that you both have 2 turns.
2. Bump over low net to partner. Same task as above except now you are trying to get the ball over to the low net. 5 tries and then switch, both have 2 turns. Sign below if you are ready to be evaluated by Mrs. Yeaton. Let her know when you are ready.

Rubric for forearm pass assessment:

Achieving: Student clearly and consistently performs the forearm pass using all of the cues.

Developing: Student performs the forearm pass usually using at least 3 of the 5 cues.

Not Yet: Student is consistently unable to perform the forearm pass using the cues.

Name _____ NY DEV ACH Comments:

Name _____ NY DEV ACH Comments:

Name _____ NY DEV ACH Comments:

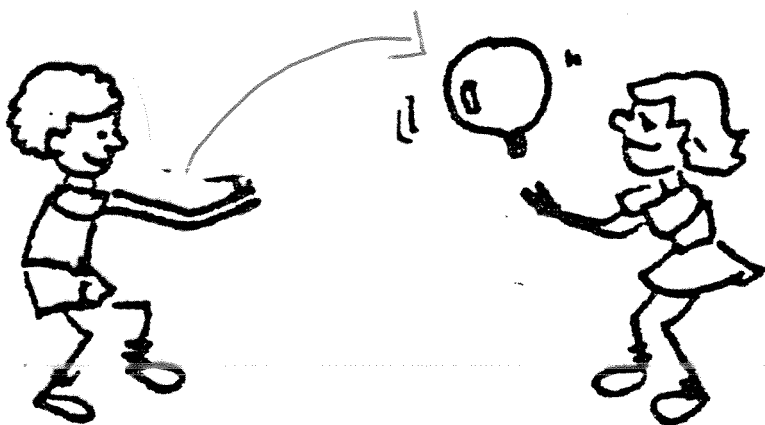
Name _____ NY DEV ACH Comments:

3. While you are waiting for Mrs. Yeaton, you can start to create your own version of 2v2 one bounce volleyball. Be sure to include the name of the game, the rules and the boundaries. Be ready to teach this to another team next class. Record your game in the space below if you need to write on the back as well.

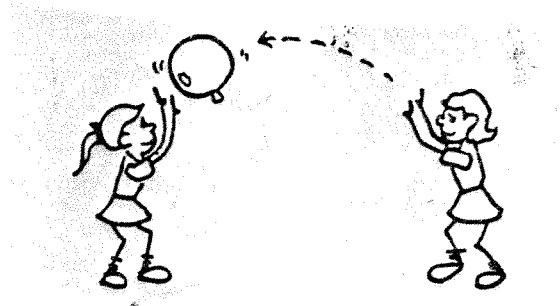
Recorders Name _____ Team Color _____

Grade 4 Lesson 6 Volleying

- ___ 1. Do warm-ups as a team.
- ___ 2. Practice with a partner, 5 overhead passes and 5 forearm passes each.
- ___ 3. Beachball Volleyball: We will divide you into 2 teams. Here are the rules:
 1. The player at the back right-hand side of the court serves first.
One teammate may help you send the ball over the net after it has been served.
 2. The ball is then in play. The ball may touch the net during play but not on a serve.
 3. Each team is allowed 3 tries to send the ball back over the net. No player may hit the ball twice in a row. Play continues until the ball hits the floor.
 4. The serving team earns one point if the team receiving the ball fails to return the ball over the net. Only the serving team can score points.
 5. The same server continues to serve as long as they score points.
 6. The receiving and serving teams change roles whenever the serving team fails to serve the ball over the net; the ball hits the net after it is served; or the ball is served out of bounds.
 7. The serving team rotates one position clockwise each time there is a new server.



Forearm Pass



Overhead pass